



# Can you help?

**Emergency food for  
local people in crisis**

**Please donate an item  
or two from the list**

*Thank You!*

## SHOPPING LIST

Rice  
Long Life Fruit Juice  
UHT Milk  
Tins of Potatoes  
Sugar  
Tins of Ham/Corned Beef  
Tins of Mince/Stew  
Oatcakes/Crackers  
Tins of Custard  
Coffee  
Small Washing Powder  
Toilet Rolls

*Don't forget...*

*You can help transform  
more lives with a financial  
donation too.*

**Due to the quantities of beans, pasta, soup  
and pulses we currently have in stock, we  
are unable to accept donations of these  
items.**



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Registered Charity in Scotland 048001  
Company Number 583493

